

20U567

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Name:

Reg.No:

FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2022

(CBCSS - UG)

(Regular/Supplementary/Improvement)

CC19U PSY5 D02 - LIFE SKILL APPLICATIONS

(Psychology - Open Course)

(2019 Admission onwards)

Time : 2.00 Hours

Maximum : 60 Marks

Credit : 3

Part A (Short answer questions)

Answer *all* questions. Each question carries 2 marks.

1. What is the role of life skill in relationship building?
2. Give any three importance of having life skills.
3. Give a note on effective communication.
4. Explain importance of role in self awareness.
5. Give any two benefits of having empathy in real life.
6. What are the advantages of of problem solving?
7. What is problem definition and analysis?
8. Give some barriers in interpersonal relationship.
9. Give some charecteristics of effective communication.
10. Give a note on non verbal communication.
11. Give any three importance of career planning.
12. Give a note on women empowerment skills.

(Ceiling: 20 Marks)

Part B (Short essay questions - Paragraph)

Answer *all* questions. Each question carries 5 marks.

13. Give a note on benefits of having self awareness.
14. Explain need and benefits of having empathy in relationship.
15. Explain problem solving skills.
16. Give a note on steps in building interpersonal relationship.

17. Explain the benefits and importance of having interpersonal skills.
18. Explain decision making in different conditions.
19. Explain the steps of career decision making.

(Ceiling: 30 Marks)

Part C (Essay questions)

Answer any *one* question. The question carries 10 marks.

20. Give an account on life skills and its importance and role in real life.
21. Write an essay on Life skill training for various group (adolescents and youth).

(1 × 10 = 10 Marks)
